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**SUMMARY: On April 18, 2019, the American Diabetes Association published a new Consensus Report which not only includes the use of a low carbohydrate eating pattern of 26-45% of total daily calories as carbohydrate but also includes the use of a very low carbohydrate (ketogenic) eating pattern of 20-50 g carbohydrate per day.**

The report is clear that there is no "one-size-fits-all" eating pattern for the prevention or management of diabetes, and that it unrealistic to expect that there should be just one eating pattern for everyone; especially given the wide variety of people affected by diabetes and pre-diabetes, including their varied cultural backgrounds, personal preferences, co-occurring conditions and the variety of socio-economic backgrounds from which they come.

The new report underlines several eating patterns that are effective to varying degrees for achieving different goals, with potential benefits including HbA1C reduction, weight loss, lowered blood pressure, improved lipids (higher HDL-c, lower LDL-c), lower triglycerides (TG), but says clearly that *low carb eating patterns show the most evidence for blood glucose control*;

"Reducing overall carbohydrate intake for individuals with diabetes has demonstrated the most evidence for improving glycemia and may be applied in a variety of eating patterns that meet individual needs and preferences."

The new Consensus Report includes a **low carbohydrate eating pattern of 26-45% of total daily calories as carbohydrate**, and a **very low carbohydrate (keto) eating pattern of 20-50g carbohydrate per day** among the choices of eating patterns for those with pre-diabetes as well as adults with Type 1 or Type 2 Diabetes.

This moves a low carbohydrate eating pattern and a very low carbohydrate (ketogenic) eating pattern from the realm of a popular lifestyle choice to Medical Nutrition Therapy for the purpose of disease management.

## References

1. Evert, AB, Dennison M, Gardner CD, et al, Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report, Diabetes Care, Ahead of Print, published online April 18, 2019, <https://doi.org/10.2337/dci19-0014>